

## LESSON 3:

# Aligning Your Work With Your Values

WE believe that we're all happier and more fulfilled when our life and work align with our values. Assessing our values can make decisions easier and also ensures that we're being true to who we are regardless of the circumstance. Our values are not static, but change over time as we grow. Take a moment to assess your values so that you may align them with your professional and personal objectives.

Your higher purpose is informed by your values. Our best work is achieved when we are able to leverage

our talents to make meaningful contributions that reflect our true selves. This is much bigger than a title or a paycheck, which is why it can be difficult to achieve, but certainly not impossible! Indeed quite possible with the appropriate tools, planning, and self-awareness.

Success should not simply be measured by money or position, but by expressing the whole of who you are and living and working in integrity.

*If you're feeling exhausted, overwhelmed, bored, bitter, depressed, frustrated, anxious or lost, it may be that you're working outside of your core values.*

## Assess & Align

### Step 1. Determine your core values

From the list below, check off EVERY core value that resonates with you.

Do not overthink your selection. If you think of a value that is not on the list, write it down.

- |   |  |   |   |  |  |
|---|--|---|---|--|--|
| <input type="checkbox"/> Abundance      | <input type="checkbox"/> Cleverness    | <input type="checkbox"/> Excellence     | <input type="checkbox"/> Kindness             | <input type="checkbox"/> Popularity      | <input type="checkbox"/> Simplicity      |
| <input type="checkbox"/> Acceptance     | <input type="checkbox"/> Community     | <input type="checkbox"/> Expressiveness | <input type="checkbox"/> Knowledge            | <input type="checkbox"/> Power           | <input type="checkbox"/> Spirituality    |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Commitment    | <input type="checkbox"/> Fairness       | <input type="checkbox"/> Leadership           | <input type="checkbox"/> Preparedness    | <input type="checkbox"/> Stability       |
| <input type="checkbox"/> Achievement    | <input type="checkbox"/> Compassion    | <input type="checkbox"/> Family         | <input type="checkbox"/> Learning             | <input type="checkbox"/> Proactive       | <input type="checkbox"/> Success         |
| <input type="checkbox"/> Adventure      | <input type="checkbox"/> Cooperation   | <input type="checkbox"/> Friendship     | <input type="checkbox"/> Love                 | <input type="checkbox"/> Professionalism | <input type="checkbox"/> Teamwork        |
| <input type="checkbox"/> Advocacy       | <input type="checkbox"/> Collaboration | <input type="checkbox"/> Flexibility    | <input type="checkbox"/> Loyalty              | <input type="checkbox"/> Punctuality     | <input type="checkbox"/> Thankfulness    |
| <input type="checkbox"/> Ambition       | <input type="checkbox"/> Consistency   | <input type="checkbox"/> Happiness      | <input type="checkbox"/> Making a Difference  | <input type="checkbox"/> Quality         | <input type="checkbox"/> Thoughtfulness  |
| <input type="checkbox"/> Appreciation   | <input type="checkbox"/> Contribution  | <input type="checkbox"/> Health         | <input type="checkbox"/> Mindfulness          | <input type="checkbox"/> Recognition     | <input type="checkbox"/> Traditionalism  |
| <input type="checkbox"/> Attractiveness | <input type="checkbox"/> Creativity    | <input type="checkbox"/> Honesty        | <input type="checkbox"/> Motivation           | <input type="checkbox"/> Relationships   | <input type="checkbox"/> Trustworthiness |
| <input type="checkbox"/> Autonomy       | <input type="checkbox"/> Credibility   | <input type="checkbox"/> Humility       | <input type="checkbox"/> Optimism             | <input type="checkbox"/> Reliability     | <input type="checkbox"/> Understanding   |
| <input type="checkbox"/> Balance        | <input type="checkbox"/> Curiosity     | <input type="checkbox"/> Humor          | <input type="checkbox"/> Open-Mindedness      | <input type="checkbox"/> Resilience      | <input type="checkbox"/> Uniqueness      |
| <input type="checkbox"/> Being the Best | <input type="checkbox"/> Daring        | <input type="checkbox"/> Inclusiveness  | <input type="checkbox"/> Originality          | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Usefulness      |
| <input type="checkbox"/> Benevolence    | <input type="checkbox"/> Decisiveness  | <input type="checkbox"/> Independence   | <input type="checkbox"/> Passion              | <input type="checkbox"/> Responsibility  | <input type="checkbox"/> Versatility     |
| <input type="checkbox"/> Boldness       | <input type="checkbox"/> Dedication    | <input type="checkbox"/> Individuality  | <input type="checkbox"/> Peace                | <input type="checkbox"/> Responsiveness  | <input type="checkbox"/> Vision          |
| <input type="checkbox"/> Brilliance     | <input type="checkbox"/> Dependability | <input type="checkbox"/> Innovation     | <input type="checkbox"/> Perfection           | <input type="checkbox"/> Risk Taking     | <input type="checkbox"/> Warmth          |
| <input type="checkbox"/> Calmness       | <input type="checkbox"/> Diversity     | <input type="checkbox"/> Inspiration    | <input type="checkbox"/> Performance          | <input type="checkbox"/> Safety          | <input type="checkbox"/> Wealth          |
| <input type="checkbox"/> Caring         | <input type="checkbox"/> Empathy       | <input type="checkbox"/> Intelligence   | <input type="checkbox"/> Personal Development | <input type="checkbox"/> Security        | <input type="checkbox"/> Well-Being      |
| <input type="checkbox"/> Challenge      | <input type="checkbox"/> Encouragement | <input type="checkbox"/> Integrity      | <input type="checkbox"/> Playfulness          | <input type="checkbox"/> Self-Control    | <input type="checkbox"/> Wisdom          |
| <input type="checkbox"/> Charity        | <input type="checkbox"/> Enthusiasm    | <input type="checkbox"/> Intuition      |   | <input type="checkbox"/> Selflessness    | <input type="checkbox"/> Zeal            |
| <input type="checkbox"/> Cheerfulness   | <input type="checkbox"/> Ethics        | <input type="checkbox"/> Joy            |   | <input type="checkbox"/> Service         |  |

### Step 2. Pick your top 5 values and write them below:

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